

OA CFI Region 8 Representatives Report

Dates Attended: Spring 2019, 4/5 – 4/7/2019

Representatives in attendance: Dara Santman, Cynthia Morgioni

Personal Notes: Why do we have a region 8 assembly? Why do we have intergroup? What is the point? The most important thing I got from this assembly was energy and enthusiasm for carrying the message. So many intergroups are doing so many amazing things to carry the message in our region and we can learn so much from them! Our intergroup has so many meetings and so many members in strong recovery—we owe it to our community and to each other to carry the message as best we can. I was able to attend the intergroup chairs meeting because Pam wasn't in attendance and Cynthia had to leave on Sunday before the meeting started. It was AWESOME. Every intergroup struggles like we do to get people to come to the intergroup meetings and to get people to volunteer for service positions and to do tasks. I got to spend an hour and half listening to the **SOLUTIONS** to this common problem that intergroups have been implementing. Here are some of my favorites:

- A. Eliminating committees/committee chairs and splitting into two groups lead by the board members (chair/vice chair). The groups are: Retention and Prevention and Spreading the Message. Instead of giving people titles, give them tasks. (would you run an Arts and Crafts activity? Would you find a small event we could attend? Would you hold a sponsorship workshop? Etc)
- B. Committees meet during intergroup meeting to do business and plan
- C. Virtual intergroup meeting attendance (either by phone or video---other intergroups are successfully doing this!) There are free apps that facilitate this.
- D. Buy a tent/banner for intergroup for events. Attend events---many events---low key events that don't cost an arm and a leg
- E. Fundraising: A patchwork quilt of squares put together by every group. 1 square per group---and sewn into a quit that is then auctioned off.
- F. Electronic contributions to intergroup – paypal. (Must be promoted)
- G. Sponsors need to teach their sponsees service IS recovery.
- H. Workshops are called 'CELEBRATIONS' instead of workshops. I'd much rather go to a celebration than a workshop! (ie: our first one could be 'A Celebration of Service'. They also call them 'Super Saturdays' in some intergroups.
- I. One intergroup pays for advertisement on bus stop benches 😊
- J. And an idea that came to me while in the mtg: Putting together a local literature piece on how service has helped me in my recovery. Along the lines of the 'Abstinence' book, or the 'Spirituality' book---do a 'service' book.
- K. Attend intergroup meetings in other areas.
- L. Intergroup board visits various meetings that don't attend intergroup.

Synopsis of business meeting:

- 1) **Summary of the forum on Intergroup Renewal:** There is a process called 'Intergroup Renewal' that has been used by several intergroups with help from their Region. This process can help an intergroup attract more IG participation and help the Intergroup support strong meetings and better carry the message to compulsive overeaters. The process has helped increase participation levels of intergroups and has led to stronger meetings, increased attraction and retention of newcomers and increased personal recovery. The process requires a team of individuals from the intergroup who walk the walk, talk the talk and attract others through their own personal recovery.

The process includes:

- Doing an inventory
- Taking a membership survey
- Choose an Intergroup to sponsor your Intergroup
- Establish goals
- Create action items and goals
- Distribute information
- Review progress
- Celebrate achievements and have fun

The presentation given at the assembly can be found at this link:

<https://oaregion8.org/documents/igor/Intergroup-Renewal.pdf>

- 2) **The consent agenda was approved** which included three motions to amend the policies and procedures manual regarding permission to use the Twelve Steps, Traditions and Concepts of AA. The amendments were meant to keep the wording consistent with the Bylaws of Region 8.
- 3) The Board members and the Trustee all gave reports as did the committee chairs. Of note, Katrina, the Chair, encouraged us to 'Extend the Heart of OA' to ourselves. Our very own Janet, the secretary, mentioned that the current board is carrying out the vision of prior boards and that they 'Stand on the shoulders of Giants' (in other words---the past board members were awesome!).
- 4) **The committees broke out into individual groups** to discuss the business that they need to work on for the next 6 months before the next assembly. I am now on the Tech Web committee. I was asked to run the virtual assembly program and interact with the virtual representatives. This included running the web cam and pointing it at various microphones when people were speaking and by being the voice of the virtual representatives who attended remotely. We learned at the assembly that we need our own hot spot to make sure that the internet connectivity can support the remote attendance. We intend to have that for the next assembly. The new platform for virtual meetings that we used (Zoom) worked better than Skype. We had 5 attendees in the virtual room and 2 were voting reps. We will be having monthly meetings of the committee between assemblies to determine how we can use technology to further spread the message in the region. We are submitting a motion to the next assembly to fund a second co-chair of the committee so that the representative can be there working for region 8 itself and not representing an intergroup. It takes a lot of manpower and

attention to work the technology at the retreat and it is hard to both represent your intergroup AND work the technology.

Of note from the Twelve Step Within committee: The region 8 website has a button on it that leads to many resources for members who are struggling. There is a video about Breaking Out of Relapse, a link for members who need to make calls at all hours of the night, an online sponsors list, a mentors list, a speakers list and even a list of people who are experienced at putting on workshops on certain topics and are willing to share their experience/strength and hope.



- 5) **We voted on 3 motions.** The following is a summary:
- Region 8 representatives must be full time residents within Region 8 in order to receive funding from Region 8 to come to the assembly. **DID NOT PASS**
 - Region board members must be full time residents of Region 8. **PASSED**
 - Committee chairs must be full time residents of Region 8. **PASSED**
- 6) **Nominations for board members and world service delegates:**
- a. Chair: Katrina (our current chair) was nominated.
 - b. Treasurer: Michelle (our current treasure) was nominated.
 - c. World Service Delegates from Region 8 (need 3)
 - i. Dara Sue (CFI)
 - ii. Tara (Sun Coast)
 - iii. Terri M (Miami-Dade)
 - iv. Susan B (Piedmont)
 - v. Eric (TN Valley)
- 7) **Bid for next year's Spring Assembly**
- a. Baton Rouge won!
"Let the Good Times Roll"
March 20th-22nd 2020.
\$125/night

Report Submitted by: Dara Sue